

## The DOCTOR'S ADVICE

By Dr. Lewis Baker



"K" writes: "I am far below normal weight, I suffer with headaches and am nervous to the point of exhaustion. If you can tell me something to help me I shall be very grateful."

Answer: I can prescribe nothing so effective as a thorough course of three grain hypo-nutrient tablets. These tablets will aid in extracting the nutrition from the food which will increase the red blood supply, overcome nervousness and you will become plump and healthy. This treatment should be continued for several months, as it takes time to change the tissues and cells of the body.

"Sarah" writes: "Can anything be done for one who is bothered with rheumatism. If so, please reply."

Answer: You can be entirely cured of your rheumatism if you take the following: Mix by shaking well and take a teaspoonful at meal times and at bed time and you will soon be cured. Comp. essence cod liver, 1 oz.; comp. fluid balmwort, 1 oz.; syrup sarsaparilla comp., 5 oz.; wine of colchicum, one-half oz.; sodium salicylate, 4 drams; iodide of potassium, 2 drams.

"Ray" writes: "Can a sufferer from bronchial trouble be helped? Doctors do not seem to help me, what would you suggest?"

Answer: To cure chronic cold, sore throat and bronchitis, I would advise the use of concentrated essence menthol-laxene. Purchase this at any drug store in 2-5 oz. packages and mix according to directions given on bottle and you will very shortly be cured of all bronchial trouble. This will not only relieve, but will cure, and is very pleasant to take.

"Filda" writes: "I cannot eat without great distress after eating. I am sleepless and restless, nervous and irritable. Can you tell me anything that would cure me?"

Answer: Your trouble is all due to your stomach, which causes the nervous, restless feeling. Take tablets triopside and you will soon be cured of all this trouble. These are packed in sealed cartons and are pink, white and blue tablets to be taken after meals. Take the pink tablet after breakfast, white after dinner and blue after supper. If this is continued the curative agencies will soon restore natural digestion.

"Miss M." writes: "I suffer greatly with my nerves, am almost on the point of nervous prostration. I cannot sleep and am hysterical at times. Can you help me?"

Answer: Many women, old and young,

The questions answered below are general in character; the symptoms or diseases are given and the answers will apply to any case of similar nature.

Those wishing further advice, please, may address Dr. Lewis Baker, College Hill, College-Kiwood St., Dayton, O., enclosing self-addressed stamped envelope for reply. Full name and address must be given, but only initials or fictitious name will be used in my answers. The prescriptions can be filled at any well-stocked drug store. Any druggist can order of wholesaler.

who have suffered as you do, have been cured by using the following tonic restorative treatment: Get from your druggist 1 oz. tincture cadomene (not cadomene) and 5 oz. syrup of hypophosphites comp., mix and take a teaspoonful before each meal. Always shake well before taking.

Miss T. R. asks: "Do you think a weight of 100 pounds is too much for a girl of medium height, and what can I safely take to reduce about 30 pounds?"

Answer: Your weight is excessive, and if it increases it may cause much suffering and embarrassment. I advise the regular use of 5-grain arbolene tablets which are sold by most pharmacies in sealed tubes with full directions for self-administration.

"Carpenter" writes: "My liver and kidneys are in a bad condition. I have dizzy spells and dark spots before my eyes. Also have twinges of rheumatism. Can I be helped?"

Answer: To cure kidney and liver trouble use three grain sulphur tablets (not sulphur). These are packed in sealed tubes with full directions for taking. They act pleasantly and tone up the bowels and liver and purify the blood. They are convenient, effective and highly curative.

"Theobald" writes: "The following will cure your children of bedwetting: Get 2 drams of tincture rhubarb-aromatic; 1 dram tincture cubebs and 1 oz. comp. fluid balmwort. Mix and give the child from 10 to 15 drops in water about one hour before each meal."

"Maud" writes: "I have suffered a great deal with catarrh. It gives me headaches, affects my eyes and my breath is awful. Can you prescribe something to cure it. Only my nostrils and throat are affected."

Answer: I have prescribed antiseptic vilane powder and grateful letters from hundreds indicate that it is speedily curative, but must be used occasionally to prevent a recurrence. Get a two ounce original package of vilane powder; use a half teaspoonful to a pint of warm water. From the palm of the hand sniff the water through the nostrils until thoroughly cleansed, two or three times daily. Mix a level teaspoonful of vilane powder with an ounce of lard or vaseline and apply well up into the nostrils twice daily and your catarrh should soon be cured.

"Onda" writes: "I am troubled with itching scalp, dandruff and my hair is falling out. It is harsh and brittle."

Answer: Plain Yellow Minoxyl is the best remedy for itching scalp, falling hair and dandruff that I know of. It can be bought in 4 oz. jars and if used according to directions will cure all diseases of the hair and scalp. If the hair is harsh and brittle and you are bothered with those straggling locks, the use of minoxyl will restore that soft fluffy appearance and bring back the intense natural color.—Advertisement.

## Are Children a Duty?

Should They Be Brought Into the World When Parents Are Unable to Care For Them?  
By Virginia Terhune Van de Water

If parents cannot do justice to children after they are here, there can scarcely be any fulfillment of duty to them in bringing them here.

By "justice," I do not mean luxury. Money in abundance is not good for children, and it is well for them to learn self-denial in some direction. Your son may not be able to own a motor car or a saddle horse, as does your neighbor's son, and yet he can be quite as happy as the wealthier lad; he may have to deny himself many luxuries if he would save money for a trip to the mountains or seashore, and he may have to economize carefully to make his allowance last, but he can afford to give him, supply all his needs. He is none the worse, indeed, is rather the better, for all these facts.

It is a sad thing for an ambitious and bright lad, with intellectual tastes and a thirst for knowledge, to have to enter an office as soon as he is out of grammar school so that he may earn the money that is needed at home. He can be young but once, and in relinquishing the education that he should take, or which you should insist upon his taking, he is letting slip opportunities which he can never recall.

Is there any duty that compels so many children to be born that this state of affairs is a necessity? Are not parents performing their duty more when they have two or three children whom they can feed, clothe and educate properly, than when they have seven or eight, to not one of whom they can do justice?

Have they not a right to be considered? Are we to rush them in numbers into spheres in which they cannot develop the best that is in them? Should we feel no hesitation in ushering them into a family already so full that we wonder from week to week how all the mouths are to be fed and all the bodies clothed?

Who that looks at the "little mothers" carrying one child and leading another, burdened with weights and responsibilities far beyond their years, old before their time, dare say that the parents of these little burden-bearers fulfill any duty to God or man in bringing a child into the world every year?

The Psalmist declared that children were a gift from the Lord. Many parents feel that they are, and they are right in declaring that they are blessings and delights in many homes, making life well worth the living. But that the Lord is responsible for sending children here, married before birth by lechered evils, and crushed after birth by pain and want—one can hardly believe; and the statement that bringing children into the world under all conditions and circumstances is the duty of every married couple is one to which no thoughtful lover of his kind will agree.

**FOGG TELLS MAN HOW TO CATCH A STREET CAR.**  
Judging from a little incident that occurred early this afternoon, Howard Fogg is still putting 1909 in the quick retort class.

While sauntering along San Antonio street doing a little boosting for the Albright Comedy company Fogg was bumped into by a stranger who had been imbibing so freely that he was "seeing things double."

After apologizing profusely, the stranger managed to ask the local Charles Frohman where he could get a car for the Union depot. Fogg, with judicious gravity and catapault tongue, replied:

"Go to the Sheldon hotel, on the next corner. There you will see two cars. Take the first one—the other one won't be there."

**ABOVE AND BELOW.**  
"Things are getting very intensive." "Yes, I suppose the promoter of the future will propose to operate a copper mine and a banana plantation on the same plot."—Boston Advertiser.

## Railroad News Of the Southwest

The Santa Fe loaded 27 cars of cattle Thursday for the east.

C. J. Sargeant, switchman for the T. & P., has reported for duty.

L. D. Robinson, switchman for the G. H., is off on the sick list.

C. L. Erban, switchman for the G. H., is laying off for a few shifts.

R. Picu, switchman for the G. H., in El Paso has reported for duty.

E. Langston, switchman on the night coach engine, is on a lay off for a few nights.

T. Scanlan, machinist for the E. P. & S. W., in El Paso shops, is laying off.

C. L. Zwick, brakeman on the T. P., out of El Paso, is again on the emergency boards.

Harry Parry, brakeman for the T. P., has reported for duty after being off for 10 days.

M. J. Brennan, engineer for the Chino Copper Co., has returned to his home in Santa Rita, N. M.

Berbert Patton, conductor on the Santa Fe, has reported for duty after several days' lay off.

Charlie Folk, engineer on the Santa Fe, at San Marcial, has returned from a short visit to El Paso.

E. E. Anderson, fireman on the G. H., will leave in a short time for an extended visit to Los Angeles.

Lee Harris, joint car inspector, is reported sick and A. G. Gossby doubled in his place Wednesday night.

Conductor F. Tilson, of the Santa Fe coast line at Winslow, has left the city after a few days' visit.

H. W. Landley, formerly a fireman on the Rock Island at Fort Worth, is spending a few days in El Paso.

A. E. Escantrals, yard clerk for the T. P., in El Paso, went to his ranch near Canutillo, Tex., Thursday.

Ben Cooley, conductor on the Santa Fe, at San Marcial, has returned after spending a few days in El Paso.

H. Griffith, extra switchman for the G. H., in El Paso is helping on the night side engine for a few nights.

C. Lane, switchman for the G. H., is laying off for a few shifts and N. T. Merrill extra switchman is in his place.

Frank Walters, handy man for the Santa Fe in that city at San Marcial, has returned after a short trip to El Paso.

Jerry Kelly, formerly hostler for the E. P. & S. W. at Canutillo, has left the city after spending a few days here.

H. C. Yates, brakeman for the Santa Fe at Kansas City, has returned to his home after spending several days in El Paso.

The Santa Fe eye and ear specialist from Chicago, is in El Paso examining every employee in train, yard and engine service.

Mrs. A. D. Tucker and baby, family of passenger fireman on the G. H., left for a two weeks visit at Lubbock, N. M.

J. McElmire, brakeman for the T. & P., who has been on conductor Moore's crew several trips, is again on the extra board.

H. S. Gooch, engine foreman for the Santa Fe in El Paso, is laying off on the sick list, and C. C. Robinson is in the vacancy.

Glen Pelton, machinist for the Santa Fe shops at San Marcial, has returned home after spending several days in El Paso attending court.

Dr. J. P. Kairret, chief surgeon, for the Santa Fe lines, has returned to his headquarters at Topeka, Kan., after several days in El Paso.

The T. P. pay car is being used to pay off in El Paso on the 21st, instead of the regular pay day, on account of the high waters in Louisiana.

Mrs. J. B. Kindelon, wife of Santa Fe switchman in El Paso, arrived Thursday night. El Paso will be their home, having moved here from San Antonio.

Mrs. Edds, wife of brakeman Edds of the S. P., has arrived from Yuma. Mr. Edds recently transferred from Yuma to El Paso, and is living at 615 North Kansas street.

Frank Jones, a yardmaster who has been spending several days in El Paso, has left for the coast. While here he visited J. Byrd, general yardmaster for the G. H. & S. A.

Harry Sheppard, yardmaster for the Santa Fe at San Marcial, is laying off and has left for San Francisco where he will attend the B. O. R. P. convention at delegate from San Marcial today.

The little baby of J. J. Armstrong, switchman for the Santa Fe in El Paso, is reported to be improving from a severe attack of pneumonia. Mrs. Armstrong and baby are on a visit to Springfield, Ill.

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## TO BUY FOR BORDER TROOPS IN EL PASO

Local Quartermaster to Purchase All Their Groceries and Supplies After First of July.

Beginning with the fiscal year, July 1, 1913, Capt. W. E. Hunt, depot quartermaster at Fort Bliss, will purchase the food for the men and the horses and wood for use in the camps of the 8th and 13th regiments of cavalry, battery C of the 6th field artillery, company I of the signal corps, and such parts of the 2nd and 14th cavalry as are stationed along the border on patrol duty.

Heretofore the depot quartermaster has been required to attend only to the clothing supply and equipment, but he will have the new duties, in addition, of supplying the troops with food. This will relieve Capt. A. P. Wallis, quartermaster at Fort Bliss, who will devote much of his time to the construction of new buildings on the Fort Bliss reservation.

Capt. Hunt will call for bids for a year's supply of the various things needed and these will be delivered by those from whom they are purchased, from time to time as required.

## CAVALRY TROOP IS TO MOVE BACK FROM BRIDGE

For sanitary reasons, troop D, of the 13th cavalry, commanded by Capt. Aubrey Lippitt, is to be moved from its present quarters at the Santa Fe street bridge to the old baseball grounds between Ochoa and Florence streets, along the Franklin canal. The guards at the Stanton street and Santa Fe street bridges will still be maintained at those points.

## TEARING DOWN OLD SHEDS ON FORT BLISS RESERVATION

The old frame kitchen and barn on the camp at Fort Bliss are being dismantled. They will be sent to various points along the border to provide shelter for the men and animals. This will materially improve the appearance of the grounds at the fort.

## GEN. BLISS COMING TO EL PASO ON INSPECTION TRIP

Brigadier Gen. Tasker H. Bliss, commander of the southern department of the United States army, is expected to arrive in El Paso in a few days on a tour of inspection.

## DAILY RECORD

**Building Permits.**  
To Jesus Duran, to build an adobe, lot 3, block 17, Magoffin addition; estimated value, \$100.

To J. C. White, to erect a brick bungalow, Manzana street, lots 31 and 32, block 51, East El Paso; estimated value, \$2800.

**Deaths Filed.**  
Yaleta, Tex.—Della Van Laningham and husband, L. L. Curtis, and wife to Joseph Lowenstein, 10%; Yalta, Tex.; consideration, \$1785; May 15, 1913.

El Paso county, Texas—Jas. F. Knox and wife to James T. Smith, sections "E" and "F", block 65-1-2, public school lands, consideration, \$18,000; May 7, 1913.

West line of A. T. & S. F. railway near First street—George W. North and wife to H. M. Andrews, Warehouse blocks 1 and 2; consideration, \$1; and other valuable consideration May 12, 1913.

Northeast corner of Frutas and Ellard streets—Lizzie Downs to Millard Patterson, lots 1 and 2, block 23, East El Paso; consideration, \$100; May 14, 1913.

Southside of White Oaks, between Rayner and Piedras streets—W. A. Cowan and wife to Homer W. Schofield, lots 26, block 65, East El Paso; consideration, \$280; April 16, 1913.

Annals. Licensed.

1510—Texas Frozen Dairy company, 715 East Missouri street; Maxwell runabout.

1511—J. T. Smith, 218 American bank

## GRANDDAUGHTER OF GEN. GRANT WEDS NAVAL OFFICER

San Francisco, Cal. May 16.—Miss Nellie Grant, a granddaughter of president Grant, and Lieut. Com. William Peggott Cronan, United States navy, were hurriedly married here by a justice of the peace, without the knowledge of the bride's mother, who announced the engagement a few weeks ago.

The couple drove to the license bureau, then walked into the office of justice A. P. Barnes, who witnessed and accompanied them and the justice sent for his chief clerk to stand up with them.

When Mrs. Grant was informed over

building; two passenger Chalmers, 1512—A. J. Crockett, 1710 Montana street; Chalmers roadster.

**Births—Girls.**  
To Mrs. Sam F. Newman, Alexander apartments; March 26.

To Mrs. Floyd J. Smith, 627 West Main street; May 10.

To Mrs. R. E. King, Yaleta, Texas; March 23.

**Births—Boys.**  
To Mrs. E. M. Guinlin, 817 North Ochoa street; May 12.

To Mrs. Jesus Carreon, Tays and Canal; May 10.

To Mrs. E. Chacon, 153 Main street; April 11.

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the telephone of the marriage, she said she was much gratified.

The bride is a daughter of Jesse Root Grant, of San Diego, and San Francisco—who came east with the bridegroom expecting to attend the wedding—a niece of U. S. Grant, Jr., and a cousin of the famous Michael Cassius Sperry, of St. Petersburg.

Lieut. Commander Cronan is in command of the destroyer Yeat, stationed at Annapolis.

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